



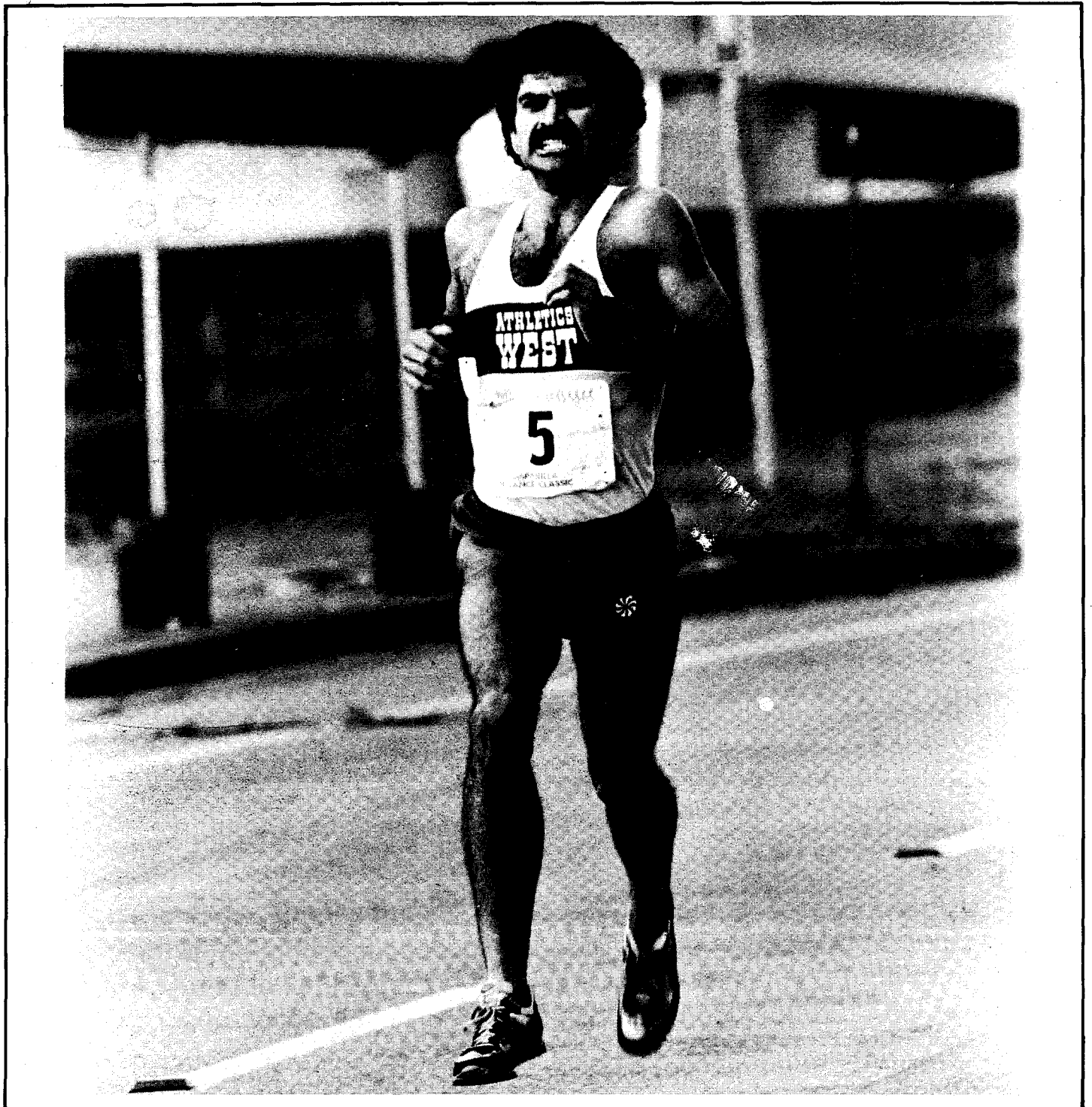
ATHLETICS WEST NEWSLETTER



# Keeping Track

No. 13

July 1981



**Ric Rojas shows true grit setting an American record for 15K - 43:12.** Photo by John A. Geders

## **ATHLETICS WEST: The Program**

### **By Dick Brown, AW Administrator**

Over the past eight months, Athletics West has experienced significant growth, but the goal of the Club remains the same: to help athletes reach their potential. When the Club was formed over three years ago, the purpose was to enable American world-class track and field athletes to continue training at a high level through their most productive years. To that end, NIKE and Athletics West decided it would be important to give the athletes something more than a singlet and a ticket to some meets. The program provides now, as it did then, support in the following areas to each athlete in Athletics West.

#### **Coaching Expertise**

The coaching of Dick Quax and Bob Sevene is available to any athlete in the Club. Additionally, the Club will provide coaching in the athlete's locale or ensure that the athlete gets with a coach of his or her choice.

#### **Competition Expenses**

Athletics West ensures that the athletes are able to attend any competition that they and their coaches feel is important in attaining their competitive goals.

#### **Medical Support**

All medical problems related to training will be completely covered by the Club financially. In addition to primary care, the Club will seek also to obtain the best preventative and post-treatment care available.

#### **Research Support**

Testing of each athlete to establish individual norms and to identify reasons for deviations from these norms is the main objective of the research program. In addition, tests are being started to establish methods to improve training. Literature searches and contacts with experts in the field are also available to all athletes.

#### **Equipment and Facilities**

The Club provides all training equipment for each athlete, and, if they do not live in Boston or Eugene where facilities are available, the Club will provide some form of training facility for their use.

#### **Meet/Travel Details**

Athletics West, if the athlete wishes, will also assume the burden of dealing with meet directors and making travel plans & hotel arrangements.

#### **Training Environment**

The club tries to find a suitable training environment for each athlete in which they can live permanently or where they can train on a temporary basis for important upcoming competitions.

#### **Professional Progress**

Athletics West will attempt to find employment for its members in areas of their expertise or the Club encourages athletes to continue their education so that when their competitive career is completed they have a

marketable skill, in addition to athletic accomplishments, with which to approach potential employers.

By working together with the athlete in this manner, Athletics West, with NIKE's encouragement and support, hopes to improve the U.S. position in the world of track and field. Olympic results, as well as those of international competitions, of the past few decades would indicate a steady erosion of the United States' position in track and field. For a country of this size and resources, it is an unnecessary decline. For years our athletes, concerned segments of the media, and thoughtful national leaders have said that, if it is important to compete internationally, especially in Olympic years, then our form of government, democracy and capitalism, must support the post-graduate athlete as the governments of the Eastern European nations support their athletes.

Thus far, Athletics West seems to be the only realistic attempt to address the problem. While other organizations do contribute, they are prevented in some ways by inherent or self-made problems. The USOC is subject to political pressures. TAC is a private corporation that is seeking stability, with growth and development of their function coming sometime in the future. Colleges give more and more track and field scholarships to 25-year-old foreign athletes, thus denying them to U.S. athletes. The pressure on the collegiate coach sometimes causes colleges to use athletes and to use them up early. With limited exceptions, other companies are primarily interested in simply getting top athletes to run in their shoes or wear their clothes.

It would be good if other corporations in this country would take an approach similar to Athletics West. If there were five to ten Athletics Wests, within a few years U.S. track and field would again be a dominant factor in international and Olympic competitions. It's still not too late.

## **COMPETITION**

### **On The Roads**

Feb. 1 - **Thom Hunt** surprised Bill Rodgers, Kirk Pfeffer, Steve Floto, and Tom Fleming among others, capturing the Runner's Den/KOY 10K in Phoenix. Thom's 28:12AR (since eclipsed) was set up by a 4:23 first mile.

Feb. 15 - **Ralph King**, continuing his battle against devastating injuries, won the Run For The Roses 5 Kilometer, held at Raleigh, N.C. Ralph's time was 14:44.

March 7 - **Joan Benoit** set her 2nd American half-marathon record in 2 tries, chopping 2:10 from her 1:13:26. Benoit's 1:11:16 at the San Diego Natural Lite race is so quick it was also a new national mark for 20K.

**Patti Catalano** and **Brenda Webb** went head to head at a "compromise" distance at Mobile, Alabama. Running the Azalea 10K, Catalano was the winner in 32:33. Webb's runnerup time of 32:38 makes her the

world's 3rd fastest performer for this distance on the roads.

March 14 - The Jacksonville River Run 15K saw some incredible Athletics West performances. **Patti Catalano** performed the routine, setting another American record in 49:33. **Joan Benoit** ran superbly to finish second in a personal best 50:29.

**Dan Dillon** led the attack on the men's national mark. His 43:34 fell somewhat short (*only* the 6th best in history), but that time was good enough for the win.

Mar. 15 - And, believe it or not, the next day **Patti Catalano** set yet another national record. As the Jacksonville River Run was still happening, Joe and Patti hopped a charter plane to head home. She had another race to run that weekend. And run it she did, covering the 5 miles of Boston's Shamrock Classic in 25:48 (5:10 pace).

**Bruce Bickford** waged a duel with Greg Meyer, with Greg emerging the victor in 23:03. Bruce was 6 secs. back. Hanging close to these "sprinters" was **Benji Durden** in 3rd at 23:34. Oh yeah, and basketball great John Havlicek covered the course in 37:25.

Mar. 21 - Small races, big guys. **Jeff Wells** and **John Lodwick** tied for first in a "local 10K" down Texas way with a time of 30:19. Continuing the Western ambiance, **Jon Anderson** won the Pow Wow 10K in 31:45.

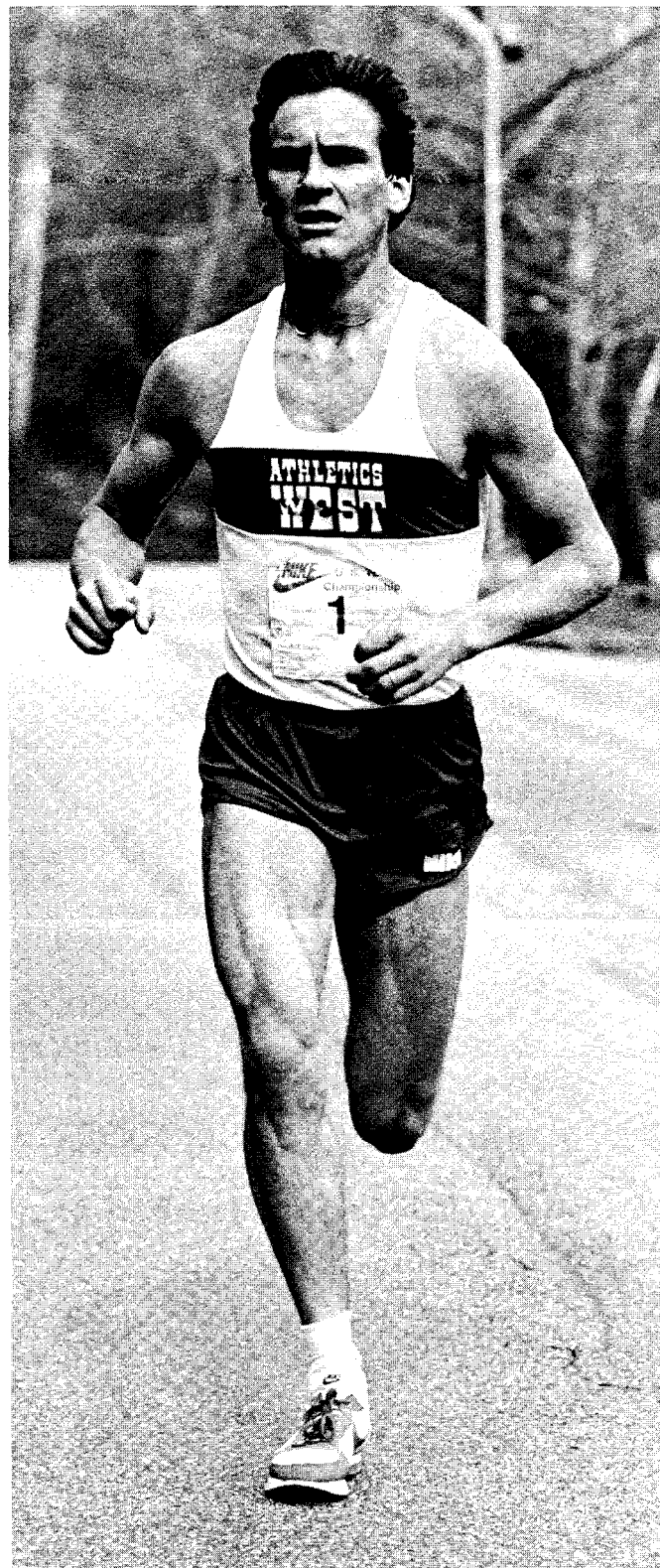
Mar. 28 - **Mrs. Catalano** continued her Boston Marathon preparation by winning the Peabody, Mass. 10K with a cruised 33:19.

April 5 - Big Race, and everyone - it seems - was at the Hibernia/Crescent City Classic. Michael Musyoki of Kenya & UTEP established a world best on the **certified** 10K with a mark of 27:55. Chasing him to finish 2nd was Craig Virgin in an American record 28:06 (breaking **Thom Hunt's** national best of 28:12). **Herb Lindsay** placed 5th (28:29) and **Bruce Bickford** finished 6th (28:32). **Ric Rojas** completed the Top 10 in 28:56. Other AW finishers were: 14. **Paul Stemmer** - 29:25; 16. **Stan Mavis** - 29:31; 23. **Benji Durden** - 29:59; and, 25. **Randy Melancon** - 30:04. When it takes a sub-30:00 10K to make the top 25 in a road race, you know those New Orleans people got themselves a special kind of event.

Special too was the women's race which saw **Patti Catalano** set American record #?? with her 32:08. **Joan Benoit**, despite falling at the crowded start, PRed for 2nd place in 32:38.

Apr. 11 - **Lionel Ortega** ran a sterling 1:01:49 for equal-3rd at the Pear Blossom 20K (Medford, OR), but the big story here was Bill McChesney. Billy's winning time was the 4th best in U.S. history - 1:00:13.

The NIKE Club Challenge. Super concept and another superb race by **Herb Lindsay**, who led Athletics West to the title with his winning 43:41. **Paul Stemmer** ran a lifetime best 44:19 for 2nd with **John**



*Herb Lindsay powers his way to a 43:41 15K leading Athletics West to victory at the NIKE Club Championships. Photo by Duomo*

**Flora** 6th (44:36) and **Benji Durden** 7th (44:41). Herb's time, by the way, a solo into headwinds, was the 9th fastest time ever run by an American. One of the other 8 is also Lindsay's.

**John Lodwick** and **Jeff Wells** were at it again winning the Easter Seal 10K (Dallas) in 30:17.

Apr. 20 - The Boston Marathon saw only a few members of Athletics West but they still played major roles. **John Lodwick** finished 4th in 2:11:33. **Patti Catalano** placed 2nd in another American record - 2:27:51. **Joan Benoit** was right behind Patti, earning 3rd with a personal best of 2:30:16. And **Julie Shea**, running her first serious marathon, confirmed everyone's suspicions about her future at this distance with a collegiate record of 2:30:54.

Catalano, Benoit and Shea are, respectively, the 3rd, 6th and 7th fastest performers in history. Congratulations.

Apr. 26 - The Trevira 10 Mile Twosome is traditionally an exceptional event. Last year **Herb Lindsay** set an AR at 46 mins. flat. That record remained as Nick Rose emerged victorious with a time of 46:08. Lindsay placed 3rd in 46:17, with **Stan Mavis** 7th (47:58) and **John Flora** 12th (49:04).

**Patti Catalano** completed only 6 days after her marvelous Boston Marathon race. She competed well enough to win in 53:42, just 2 secs. off her American standard. "I swear that if I had been rested for this," said Patti, "I could have done 52:30." No one doubts it. Herb and Patti were the easy team winners, becoming the first "twosome" to break 1:40, although by just 1 sec.

**Dan Dillon** tussled with Bobby Hodge at the WACKY-TV 22 (Springfield, Mass.) 5 Miler, emerging the winner by 25 secs. with a time of 24:21.

May 2 - It helps if you start the race the same time - or earlier! - everyone else does. **Dick Quax** started the Willamette Valley 15K (Eugene) more than 2 mins. later, but still managed the win with a workout 47:35.

May 3 - Combine Don Kardong, **James Joyce** and the city of Spokane and what you get is an awesome spectacle known as the Bloomsday Run. **Duncan Macdonald**, M.D., finally got a victory he had sought for 4 years with a record 35:34 for the 7½-mile course. **Benji Durden** (36:20) placed 4th behind Jon Sinclair (35:46) and Tom Wysocki (36:09).

New Zealand's Olympian Ann Audain denied **Cathie Twomey** a repeat of Cathie's 1979 win. Cathie broke the old course record with a time of 42:04, but Audain broke it first, 10 secs. earlier.

May 9 - **Herb Lindsay**, America's top road racer the last two years, showed his stuff at the Old Kent River Bank Run (Grand Rapids, Michigan). Herb's "stuff" was good enough to earn another national record with his time of 1:14:09. After soloing past 10M in 48:27 and 20K in 59:56, Lindsay decided to go the distance, his longest competition to date.

May 25 - Respect your elders. That seemed to be Frank Shorter's message as he won the Bolder Boulder 10K in 29:20 (alt. 1628m). Among the 10,000 runners behind the rejuvenated Olympic great were **Ric Rojas** (3rd in 30:01), **Herb Lindsay** (6th in 30:31), and **Stan Mavis** (8th at 30:38).

June 7 - **Lionel Ortega** was a co-winner (with aged Mike Manley and Art Boileau) of the Oregon Track



*Ritchie Harris, Alberto Salazar, Tom Smith and Dan Dillon*

Club's Half-marathon with a time of 1:05:10. Running in a virtual deluge, the trio decided that a pedal-to-the-metal kick for the win was ill-advised.

June 13 - **Jon Anderson** seemed destined to win the Antwerp Marathon. Belgium's best marathoners avoided their own national championship, and two who did show up took a wrong turn. But it still wasn't easy. Running in 24°C temperatures, no water was available until 10M. As the race director put it, taking water is "a sign of weakness." Jon was strong enough for a 2:17:32 victory.

June 28 - A \$50,000 purse donated by NIKE and the Association of Road Racing Athletes' first sanctioned "unrestricted" event highlighted Portland's Cascade Run Off. And the winner of the \$10,000 1st prize was Greg Meyer in a course record 43:19. Meyer waged a fierce battle with **Herb Lindsay** (43:21/\$6,000), Columbia's Domingo Tibaduiza (43:24/\$4,000) and Bill Rodgers (43:25). **Benji Durden** finished 6th in 44:10 to collect an even grand, while **Stan Mavis** remained an amateur with his 44:15. Also among the money winners was **Ric Rojas** whose 45:18 for 15th earned \$200.

Anne Audain (50:33/\$10,000) led a Kiwi sweep, as Allison Roe (50:58/\$4,000) and Lorraine Moller (51:25/\$2,000) also bested **Patti Catalano**. Patti's 51:56 4th place earned only \$1,500.

## ROSTER

As most of you are well aware, the growth of Athletics West has been phenomenal in recent months. Here's a hopefully complete list of the current AW membership. The athlete's specialties, which follow in parentheses, are by no means definitive.

Ron Addison (steeple), Tony Allen-Cooksey (decathlon), Jon Anderson (marathon), Mark Anderson (cross-country, long distance), Guy Arbogast (cross-country, long distances), Duncan Atwood (javelin), Lee Ballenger (800M), Willie Banks (triple jump), Joan Benoit (marathon), Bruce Bickford (steeple), Doug Brown (steeple), Mike Buhmann (long distances), Thom Burleson (distances), Tom Byers (mile), Patti Catalano (distances, marathon), Rudy Chapa (middle distances), Don Clary (cross-country, 5K, steeple), Marty Cooksey (long distances), Jim Crawford (long distances), John Crist (decathlon), Mary Decker (mile, middle distances), Dan Dillon (cross-country, long distances), Benji Durden (marathon), Dwayne Evans (sprints), Rod Ewaliko (javelin), Al Feuerbach (shotput), John Flora (long distances), Jane Frederick (heptathlon), Paul Geis (distances), Roger George (decathlon), Lorna Griffin (discus), Richard Harris (middle distances), Mike Haywood (distances), Danny Heikkinen (steeple), Thom Hunt (distances, steeple, cross-country), Marc Hunter (cross-country, distances, steeple), Randy Jackson (steeple), Phil Kane (mile), Alex Kasich (long distances), Maggie Keyes (middle

distances), Ralph King (middle distances), Dave Laut (shotput), Mark Lech (middle distances), Herb Lindsay (long distances), John Lodwick (marathon), Duncan Macdonald (distances), Larry Mangan (distances), Mike Manke (middle distances), Henry Marsh (steeple), Bill Martin (middle distances), Ken Martin (cross-country, steeple), Stan Mavis (distances), Kevin McCarey (long distances), Randy Melancon (middle distances), Chris Mullen (middle distances), Lionel Ortega (long distances), Doug Padilla (middle distances), Robbie Perkins (distances), Jeff Phillips (sprints), Steve Plasencia (cross-country, long distances), Dick Quax (long distances), Mike Roberson (sprints), Bob Roggy (javelin), Ric Rojas (distances), Kevin Ryan (distances), Alberto Salazar (distances, cross-country), Tony Sandoval (marathon), Julie Shea (distances, cross-country), Tom Smith (middle distances), Ed Spinney (distances), Ken Stadel (discus), Paul Stemmer (distances), Cathie Twomey (middle distances), Essie Kelley Washington (middle distances), Brenda Webb (middle distances), Jeff Wells (marathon), Jenifer White (long distances), Mac Wilkins (shot, discus), Randy Wilson (middle distances).

## HEAVY INK

*Sometimes an athlete gets some exceptional press. The following is part of a report by Tom Casey which appeared in the Ottawa Citizen, February 16.*

Mark Lech came to the Ottawa Citizen Indoor Games with a vengeance.

After running poorly the previous week in New York City at the Millrose Games, he was driven to redeem himself.

He did more than that.

Lech, a post entry in the men's 800 metres, not only surprised himself but also the approximately 8,000 fans by winning the race which included world record holder Mark Belger, 1972 Olympic bronze medalist Mike Boit and Don Paige, the No. 1 ranked runner for the distance. Lech took the lead at the opening gun and the rest of the pack couldn't catch up.

"If I was going to win, it had to be that way," said Lech. "I had to go out and force the race. I don't have the finishing kick of a Boit or Belger and I waited for them to pass me but they never did. I've had some good wins before but none against a field as good as this."

Paige was forced to drop out of the race at the half way point due to a recurring foot injury. Boit came on strong in the final two laps but couldn't overtake Lech's big lead. To everyone's surprise Belger didn't pick up the fast pace and finished a disappointing fourth behind Ottawa's Mark Randall.

Lech's winning time of 1:51.2 established a new meet record and it was only 1.2 seconds off Belger's world record for a class A size track.

Lech said candidly he was after the world record which would have given him a free airline ticket to anywhere Air Canada flies.

## RECORD BOOK

**Patti Catalano's** marvelous Boston run saw her improve her own national marathon mark to 2:27:51. **Julie Shea**, then representing North Carolina State, established a new collegiate standard of 2:30:54.

At Wheeling, **Patti Catalano** ran the now certified course in 1:09:27, an American record for 20K.

Wonderful **Willie Banks**. After twice jumping an American record 56-9½ on April 11, Willie became the first (obviously) ever to break the 57' mark, with his winning 57-7½ at the TAC National Track & Field Championships. That's the second longest jump in history, and the longest at sea level.

Sturdy **Herb Lindsay** added the 25K road mark of 1:14:09 to his list of credits. As did **Joan Benoit** 1:26:21.

**Jane Frederick** continues to rewrite the U.S. Heptathlon record list with her latest mark of 6,308 points.

## THANKS FOR THE THRILLS

So many great competitors. This is the club newsletter of Athletics West but we cannot overlook some of the stunning performances of great athletes otherwise affiliated.

Thank you...Carl Lewis, for the 28-7 long jump at the TACs. Not even Bob Beamon jumped 28 feet...Scotland's John Graham, for that 2:09:28, the 7th fastest marathon in history...and Dick Beardsley for his 2:09:37 win at Grandma's. Beardsley's 4th PR in 1981 is the 2nd fastest time ever run by an American.

## **Benji-san: Famous in a Strange Land** by **Benji Durden**

The trip to Japan is a marathon event itself. From the West Coast it takes about ten hours and from the East Coast another six. When I arrived in Tokyo from Atlanta at 6:00 p.m., I was understandably very tired. Yet when Chris Stewart and I got off our flight we had to put our fatigue behind us. At the arrival gate to greet us were two television crews and at least six photographers. Though these reporters asked some typically dumb questions like "Will you be able to break 2:09 next Sunday?" and "Will you win?", they treated us with an air of respect I've seldom encountered in the USA. In Japan marathoners are true celebrities.

After our press conference we sent through immigration and customs. The officials didn't delay us so we were quickly ushered to a waiting cab for the one-hour trip from Narita to the Toyko Palace Grand Hotel. Rush hour traffic caught us midtrip and slowed us to a 2½-hour trip. The meter said 14000 yen (about \$70) when we arrived. Chris and I were both glad the race was paying.

In the hotel lobby the interviews were briefly repeated. I was then escorted to the press room. There they made pictures of my feet from the side and bottom. During this unusual photo session I was asked if I would join Ian Thompson, just arriving, for a run in cold night rain. Ian must have had a diary to satisfy. Declining, I headed off to eat, joining Herm Atkins. We found the hotel buffet was still open. We nibbled a bit but around 10:00 gave in to our exhaustion and headed off to try to sleep.

The night was a battle. I declared a truce at 6:00 a.m. and headed out to run. That run - and all our runs that week - were around the Imperial Palace moat. The moat was impressive. Nearly 70 meters deep to the water level, it was over 100 meters across and some 5,000 meters around. The few entrances were huge gates carefully guarded by numerous patrols in full riot gear. Despite these fortifications, the Oriental beauty was spectacular. Gnarled pines partially hid the massive stone wall. In the moat swam swans and colorful red-headed ducks. The massive gates and multi-storied buildings were reminiscent of Shogun. Across a busy thoroughfare was the sharp contrast of modern embassies and government offices cluttered with complex radio, television and satellite antennas.

Returning from my run I was stopped in the lobby for my morning interview (a daily event): "How far did you run? How do you feel? What will you do today?..."

More media sessions after breakfast devoured our morning so it was after lunch before we headed shopping. We were escorted via subway to the Ginza area by Nobuo Murakami and Hideo Nakatani of NIKE Japan. The Tokyo subway is very clean and easy to use. It really is the only practical way around town because of the heavy traffic. Most shops and every hotel have English maps of the system available, making it easier for foreign travelers to use. All shops have their names printed in English above the Japanese. If you look lost, someone always tries to help.

Nobuo and Hideo left us on our own in the Ginza area and headed to work. Since I had been in Tokyo last December, I knew a little about the shops in the area. I took the helm and led our little group down to the International Arcade. This I had discovered was a good area to buy watches, cameras, electronics for American power supplies, and Japanese souvenirs at good discounts.

When we arrived, Herm, with wife Judy supervising, started pricing turntables. Don Kardong began checking specs and prices of microcassette recorders. I started looking at cameras and Casio watches.

After a brief hunt I came upon a watch I loved at first sight, the new Casio CA-90. It had everything but the kitchen sink: an alarm, hourly chime, dual time, stopwatch, calculator, and, best of all, a game vaguely similar to the 'Darth Vader' games. I had to have the watch but already had a calculator watch. Not wanting to be redundant I was forced first to fast hustle Don into buying my watch. Thus freed, I attacked the watch vendors full force for major

haggling. The list price for the watch was 9800 yen (about \$48). I asked for a discount price - 800 yen (about \$39). I told them I had been quoted 7600 yen at the store across the street. They pulled out a calculator and made some furious calculations and offered to sell the watch for 7800 yen. I said I'd just go back across the street. Further calculations were rapidly made as I started to go. My bluff paid off and I bought the watch for 7600 yen (about \$37).

Shopping fever temporarily sated, we went off to sightsee in the growing darkness. Ginza at night is truly beautiful. Neon signs of every imaginable shape, size and color flash and battle for your attention. Sony, Canon and Toyota signs throb beside pulsing Coke and MacDonald's logos. In addition to English signs, Japanese characters glow like a modern art exhibit.

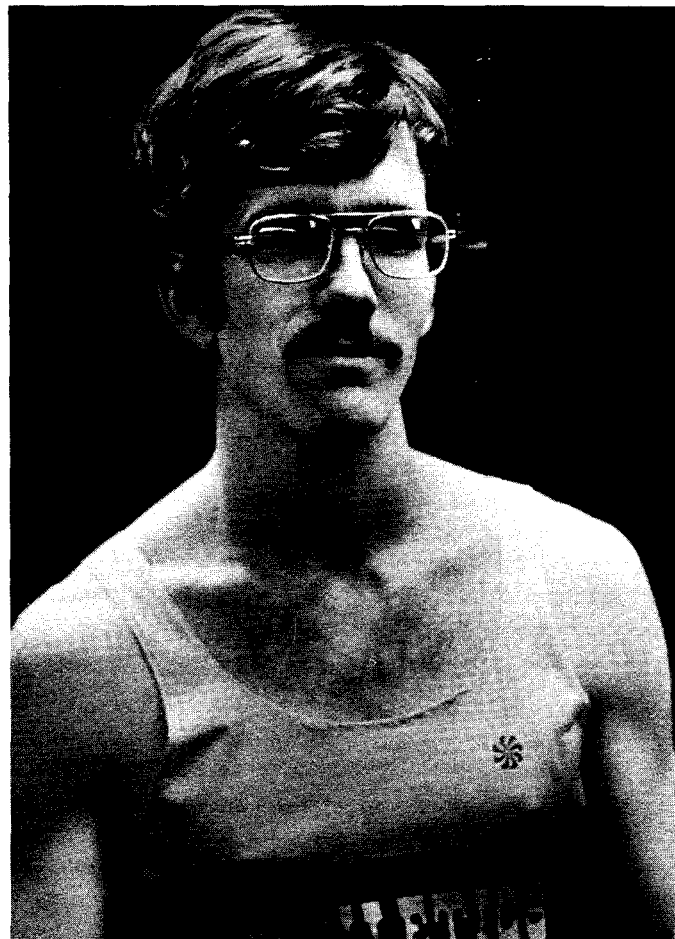
At 7:00 we met Nobuo, Hideo and two Japanese women, also of NIKE Japan, at a pre-arranged corner and went off to a tempura restaurant. The seafood and vegetables deep-fried in a golden batter were excellent, even the squid. Don and Herm reported the saki was equally good as well as strong. Fading fast, we headed back to the hotel to recover from a busy day.

The next morning, as we were running around the moat, we heard an approaching figure yell "Elwood." Sure enough it was the "Blues Brother" himself, Gary Fanelli. Gary's weird wit kept the Japanese reporters off balance all week. They never could figure out who "Erwood" and the "Brues Brothers" were. His tongue-in-cheek responses to interviewers didn't help much either. We barely knew what he was up to and we had been forewarned.

After the breakfast/interview session, Gary joined us for another shopping safari. Coach Bill Squires and Randy Thomas had found a shop in the Akhabara district that had good prices on electronics equipment. We discovered that Akhabara was an electronics heaven. Every shop overflowed with complex radios, stereos, video devices, etc. In Laox, the shop we were looking for, we found the prices were so compelling that Don bought a Sansui stereo combo (tuner, amp, turn-table, and cassette recorder) that listed in the USA for approximately \$1200. He paid about \$400. Herm bought a \$200+ turn-table for about \$125. Gary and I kept our eyes closed and resisted temptation.

As we walked back to the subway station, we were discouraged by the cold wind and intermittent snow. (It wasn't sticking.) None of us wanted to run a marathon in cold windy conditions. Our daily attempts at optimism were not helped by the fact this weather was repeated around race time every day.

The sun came out and warmed us that afternoon, giving us hope of better temperatures ahead, as we raced the Japanese joggers around the Imperial Palace. The moat run was always crowded with old men, little girls and softball teams who seemed determined to compete with us. These same people would be plodding along at eight plus miles stateside while here they obviously felt sub-sevens were mandatory.



*Why is this man smiling? A 4:05.6 miler as the month of May began, Ed Spinney dropped down to 4:02.2 May 16 and then the biggie. At the Pre Classic Spinney covered 1M in 3:57.34. And it couldn't happen to a more deserving athlete.*

Thursday, I decided to go shopping in the Ginza area again. Randy and Coach Squires along with Cathy, the hotel harpist who also happened to be from Boston, were going to the Trywell tax-free shop. Mr. Honda, one of the Japanese Athletic Federation members acting as our host, had arranged with the Trywell shop for them to receive a maximum discount. I decided to go along and see if I could find a good camera buy.

Trywell turned out to be very small, perhaps 800 square feet. Yet they had a camera that I wanted at an excellent price (an Olympus OM-10 with a 1.2 55mm lens and manual adapter for about \$290.00). Randy bought himself a stereo for around \$400 that would be over \$1000 in Boston. Coach Squires bought about a dozen battery-powered razors for gifts. Cathy just watched us spend our money.

I killed the rest of my day practising my watch 'Vader' game. Don and I were competing for high score every afternoon so I was using the time while he was sightseeing to try to build an edge.

Friday morning several of us participated in a photo running session for the Japanese press. This amounted to all of the invited athletes running several times towards a

group of six or more photographers. After one round of shots we were asked to run the other direction. Jerome Drayton complied too well; he kept on running and did not stop until he was back at the hotel. The rest of us spent another hour jogging towards the cameras or riding to places to jog in front of.

When I got back to the hotel I joined Judy Atkins on another shopping trip. We had heard of a street-sidewalk sale in the Roppongi district. While the others rested we froze to death to buy used kimonoes and old pottery.

At 2 p.m. there was an official press conference at the hotel that all of the invited runners were to attend. Held in the top floor restaurant, the view was terrific and the conference was dull. The press interest centered around Ian Thompson, Rodolfo Gomez, Hiroshi Yuge and myself. We each in turn were asked about our level of fitness, how we planned to run the race, if we would win and who was our chief rival. Everyone present was asked to predict the winning time. The range was from 2:10 to 2:13. I expected 2:11 was as fast as we would go on the course if the wind kept up.

Saturday morning we were taken to the Tokyo Olympic Stadium. The 1964 Olympics had been held there and it is an impressive arena. We would start and finish on the new Chevron 440 surface. I found myself wishing that we were running a track meet rather than a marathon. We drove over the first and last 10 kilometers of the course in a bus to get a feel for the course. From the bus window it did not seem too difficult a route, but then from the bus it almost never does.

After lunch we attended the opening ceremonies at the Palace Hotel. Virtually every dignitary took the opportunity to make a bilingual speech. Adrian Paulen, the IAAF President, was one of those who made some remarks. I have disagreed with Mr. Paulen's remarks in the past and I disagreed with his remarks on this occasion. To me, it sometimes appears that Paulen tries to deprive track and field athletes from making an honest living through running. Maybe when Paulen is gone track and field athletes will have better opportunities.

After the speeches we were called to the stage to be introduced and applauded. This was followed by a 'tea party' where very proper Japanese businessmen in expensive three-piece suits asked us, shaggy-haired runners in jeans, for our autographs. I found the situation to be quite amusing.

Sunday morning we nervously boarded a bus at 10:00 and went to the stadium. To pass some of the two-hour wait and to break some of the tension, Don, Herm, one of the translators and I played with my Olympic issue Frisbee on the infield. The photographers loved us. All our play had to end eventually though, and around 11:15 we began our warm-up rituals.

When we came to the line just before noon we were a small field, about 90. The sun was out and the tempera-

ture was about 50°F. We were given a 60-second count-down by a man holding up numbered signs every 10 seconds.

The race started slowly (16:20 at 5k) but soon settled into a 2:12 pace. A lone Japanese runner took off on his own but the real pack followed Herm and Randy. I tried to keep an eye on Gomez who was drifting like a shark in the middle of the pack. The noise of the crowd made it difficult for me to relax and concentrate. The temperature began to drop as the sun went behind clouds. As a result, I spent the first part of the race apprehensive about the event's conclusion.

At the turnaround (26k) Gomez began a move to the front. I responded and went with him. The pack still had a dozen or so runners in it with Herm and Randy still sharing the lead. At 29k I decided to surge and see whom I could shake loose. I also thought this aggressiveness might improve my concentration. When I looked back at the following pack at 32k only Gomez, Thomas, Tomy Perrson, and Mineteru Sakamoto remained. I eased back as Perrson surged to the front, trying to recover for the surge I expected any moment from Gomez. At 35k it came. Gomez shifted into a sub-4:50 pace and promptly left us. As I brought up the rear, the pack strung out trying vainly to match Rodolfo's speed. Persson made the best attempt but he was really only leaving us. He was certainly not gaining on Gomez. At 36½k I caught Sakamoto as he began to tighten up. Briefly I felt I was gaining on Thomas and Persson until around 38k when my concentration broke at the same time as did a painful set of blisters. It was no coincidence.

Gomez won easily by over a minute and the rest of us held our positions. The final times were: 1. Rodolfo Gomez - 2:11:00; 2. Tomy Perrson - 2:12:07; 3. Randy Thomas - 2:12:31; 4. Benji Durden - 2:13:07; 5. Mineteru Sakamoto - 2:13:22; 6. Takehiko Kikuchi - 2:14:24; 7. Ian Thompson - 2:14:39; 8. Herm Atkins - 2:15:13.

With the war behind us, we returned to the hotel to lick our wounds and dress for the victory party. At the Palace Hotel a royal celebration had been prepared. Miss World and Miss Japan, dressed in expensive kimonoes, presented us with our awards. They also presented each of the invited runners with a commemorative hapi coat and a digital Seko watch, courtesy of the race sponsors.

After the awards ceremony we were waited upon by Japanese women in kimonoes who served us boiled shrimp, skewers of beef, oysters, and saki from huge wooden barrels. We in turn mingled with the guests, signing autographs and having our pictures taken. As the party warmed up each country represented went to the stage and sang songs from home. All we knew of 'Old Susanna', to our chagrin, was the chorus line. Finally the party ended. Heading back to our rooms we were happy but sad, since in the morning we knew we would be returning to the reality of long runs and media anonymity.



## RANKINGS

The U.S. track season is over. Some athletes seem ready to rest, but most merely paused after the TAC national championships before heading for greener pastures and faster tracks. Europe, the Sports Festival, the World Cup ... there's much to anticipate. Many members of Athletics West have much to remember. Just look at the following. (All marks as reported to **Track & Field News** through June 29.)

100m. **Jeff Phillips**, recently of the University of Tennessee is ranked as the 5th fastest American at 10.11. **Dwayne Evans** is listed 9th with a mark of 10.20.

200m. Here, **Evans**, a recent graduate of Arizona State, is ranked 3rd in 20.34. **Phillips**, is 5th, just 2/100ths slower.

800m. **Randy Wilson's** personal best of 1:45.32 earns him the #3 position. **Bill Martin** is also listed with a time of 1:47.47. Three of the top 10 American women are AW teammates **Lee Ballenger** (2:02.67), **Essie Kelley Washington** (2:04.20) and **Chris Mullen** (2:04.31).

1500m. Mercurial **Tom Byers** ranks behind only Steve Scott. Tom's 3:36.35 leads a group of 7 AW athletes listed in this event: **Richie Harris** (3:37.97), **Doug Padilla** (3:38.37), **Tom Smith** (3:38.87), **Tiny Kane** (3:39.76), and **Rudy Chapa & Ed Spinney**, both at 3:40.8.

**Cathie Twomey's** sparkling 4:11.96 PR leads all Americans. **Maggie Keyes** is 5th at 4:13.33 and **Brenda Webb** is 7th with her mark of 4:14.1.

Mile. Of the 15 Americans ranked at this distance, 7 are members of Athletics West. **Byers** places second here too - again behind Scott - with his 3:55.73. Others listed are **Doug Padilla** (3:56.6), **Rudy Chapa** (3:57.04), **Ed Spinney** (3:57.34), **Ken Martin** (3:57.84), **Richie Harris** (3:58.2), and **Tom Smith** (3:58.61).

**Brenda Webb** leads the club with the 3rd best time in the country - 4:32.27. **Maggie Keyes'** 4:33.12 is good enough for 5th.

3000m. **Webb's** indoor mark of 9:02.3 continues to rank her 3rd, while **Cathie Twomey** places 6th at 9:03.88, and **Maggie Keyes** is 10th with a time of 9:09.65.

Steeple. The leading American is **Ken Martin** with his mark of 8:21.52. 4th best on the list is **Dan Heikkinen** at 8:29.79, with **Henry Marsh** 5th (8:30.59). Others noted are **Randy Jackson** (8:35.3) and **Bruce Bickford** (8:35.90).

5000m. Bill McChesney leads the world at 13:15.77, but **Alberto Salazar** is close behind with his indoor mark of 13:22.6. **Thom Hunt** (13:26.34), **Don Clary** (13:29.69), **Doug Padilla** (13:33.5), **Dan Dillon** (13:34.71), **Bruce Bickford** (13:35.2i), **Duncan MacDonald** (13:36.0), **Randy Melancon** (13:36.68),

and **Ed Spinney** (13:40.5) give AW 9 of the 15 (60%) fastest Americans this year.

10,000m. **Alberto Salazar** is listed 3rd at 28:38.2. (Flash! Alberto just ran 27:56.72 in Stockholm, which makes him the first American under 28 mins. this year.) **Duncan MacDonald** is the 5th best in the U.S. at 28:45.59, with Paul Stemmer (28:46.0), **Dan Heikkinen** (28:47.0), and **Alex Kasich** (28:55) also listed.

## Competition - Track and Field

Feb. 28 - Late (okay, very late) results from the USA-Mobile Indoor Track & Field Championships show some fine marks by Athletics West. **Bill Martin** (2:08.37) edged **Mark Lech** (2:08.89) to win the 100y. **Bruce Bickford** recorded a 13:07.7 3 mile for 5th place, and **Tom Byers** ran a 40:01.4 mile for 4th. **Maggie Keyes'** 4:35.47 one mile was a second or so too slow to catch Jan Merrill. **Brenda Webb** finished 3rd at twice that distance in 9:45.6.

April 3 - At the Texas Relays, held in Austin, **Brenda Webb's** 15:42.61 PR for 5K was the meet's outstanding performance.

April 11 - **Henry Marsh** set a meet record winning the Bruce Jenner Classic steeple in 8:34.2. **Willie Banks** was working on American standards, twice jumping 56-9½.

May 23 - At Knoxville's Tom Black meet **Jeff Phillips** won the 200m in 20:52 and placed 2nd in the 100 with a 10:14. **Randy Wilson** led AW teammate **Bill Martin** in the 800m, 1:47.35 to 1:47.47. **Essie Kelley Washington** placed 3rd at the same distance in 2:04.20 with **Lee Ballenger** 4th (2:04.43).

May 28 - The Twilight Meet at Eugene's Hayward Field began with Bruce Bickford setting a meet record (8:35.90) in the steeplechase and ended with Tom Byers doing the same in the mile (3:55.73 PR). In between, Duncan Macdonald won the 10K in 29:06.5, with **Kevin McCarey** (2nd/29:23.92) and **John Flora** (4th/29:34.85) not far behind. A super battle in the 2 mile saw **Richie Harris** outkick **Tom Smith** 8:29.46 to 8:29.77. **Dan Dillon** (8:33.35), **Alberto Salazar** (8:34.56), and **Don Clary** (8:39.44) finished 3-5.

Byers' PR in the Twilight Mile was just one of many for Athletics West. **Rudy Chapa** (3rd/3:57.04), **Ed Spinney** (4th/3:57.34), **Ken Martin** (5th/3:57.84) and **Randy Melancon** (7th/4:00.56) all established personal bests. **Kevin Ryan** placed 9th in 4:03.6.

May 30 - Against a star-studded 3000m field at the Jumbo Elliot Classic, **Cathie Twomey** (9:06.45), **Brenda Webb** (9:08.07) and **Maggie Keyes** (9:09.65) earned places 3-5.

June 3 - London, England. The Crystal Palace. In a 4-country meet, featuring athletes from England, USA, Belgium, and Ethiopia, leave it to **Henry Marsh** to win the steeple with a time of 8:30.89. **Thom Hunt** PRed to win the 5K in 13:26.34.

June 6 - Much of the class at the Prefontaine Classic came from Athletics West, enjoying world class competition in its home town. **Randy Wilson** PRed 1:45.32 for 2nd place in the 800m behind Mike Boit. **Tom Byers** outkicked Craig Masback by 2/100ths to capture the 1500 in 3:36.35. **Richie Harris** ran a 3:38.26 PR for 3rd and **Tom Smith** got 4th in a PR 3:38.87. **Tiny Kane** placed 8th with a mark of 3:39.76. **Ken Martin** ran 8:21.52 but still fell short of Amos Korir's 8:18.57 steeple. **Dan Heikkinen** finished 4th in 8:29.79. Six of the first nine finishers in the 5K were from AW: 2. **Don Clary** 13:29.69...4. **Dan Dillon** 13:34.71...6. **Randy Melancon** 13:36.68; 7. **Bruce Bickford** 13:38.08; 8. **John Flora** 13:43.06; 9. **Kevin McCarey** 13:48.39. In the javelin, **Bob Roggy's** winning toss was 267-1. **Duncan Atwood** placed 3rd with 253-10 and **Rod Ewaliko** earned 4th with 252-3.

**Lee Ballenger** finished 2nd to Leann Warren (2:00.47) in the 800m in 2:02.67. In the 1500m, **Cathie Twomey** won with a breakthrough 4:11.96, the 8th best performer in U.S. history. **Maggie Keyes** ran 3rd in a PR 4:13.33. **Lorna Griffin** threw the shot 52-11-3/4 for 2nd place.

June 11 - **Patti Catalano** ran the fastest track 10K of the season winning the New England TAC Championships in 33:11.4. **Chris Mullen** led the 800m on the Boston College track in 2:06.7.

June 19-21 - Sacramento certainly is hot this time of year. On the first day of the TAC Championships, the thermometer reached 107°. Not a record - records came from a great team of athletes. **Jeff Phillips** blazed a 20.36 to win the 200m crown. At 800m **Randy Wilson** closed strongly to earn 3rd in 1:45.82. **Tom Byers** became the 1500's fastest ever 6th placer at 3:37.69. **Richie Harris** (3:37.97) and **Tom Smith** (3:39.42) rolled 7 and 11. **Henry Marsh** blew the steepers away, gaining nearly a full second in the last 70m. Henry's 8:30.7 led AW's **Ken Martin** (5th/8:34.3), **Randy Jackson** (10th/8:47.9) and **Dan Heikkinen** (11th/8:51.7). AW had 5 of the first 11 across in the 5000m, led by **Don Clary's** 3rd place 13:33.54. **Doug Padilla** placed 5th at 13:39.71, followed by **Randy Melancon** (7th/13:41.7), **Thom Hunt** (9th/13:48.9), and **Kevin McCarey** (11th/13:53.8). **Alberto Sañzar** had little trouble winning the 10K in 28:39.33, although **Duncan Macdonald** PRed for 2nd with 28:45.99. **Willie Banks** set an AR with his 56-11 1/4 triple jump, but that wasn't the winner. Willie's 57-7 1/2 - the 2nd longest jump in history - earned the title. **Dave Laut** became the 6th American to throw the shot 70 ft. Dave's 70-10 1/2 first toss gained a World Cup berth. **Al**

**Feuerbach** placed 6th with a mark of 65-4. **Ken Stadel** earned the same position in the discus (205-11). **Rod Ewaliko** heaved the javelin 272-4 for 2nd, with **Duncan Atwood** right behind at 267-6. **Bob Roggy**, the leading qualifier with 278-6, placed 5th (265-10).

In the 800m **Lee Ballenger** ran 2:03.21 for 6th place, while **Chris Mullen** finished next in 2:04.3. **Maggie Keyes** made a brave run (4:15.84) for 3rd in the 1500m. **Brenda Webb** led the 3000m from the gun to win in 9:04.54. **Joan Benoit** led all but 2 laps of the 10K, winning unchallenged - except by the heat - with a time of 33:37.5. **Julie Shea** placed 3rd in 34:30.6. **Lorna Griffin** earned a 2nd (53-4 1/4) in the shot and a 4th (179-5) in the discus.

**Athletics West** finished second to Athletic Attic in the team competition.

June 28 - In Spokane, **Jane Frederick** won the first national heptathlon championship for women with a score of 6011 points.

At Santa Barbara, **Tony Allen-Cooksey** totalled 4,150 points to take the first day lead in the National TAC Decathlon Championships. The next day, Tony scored a PR 7972 points to finish 2nd behind AW teammate **John Crist's** mark of 8008.

#### FINISH LINES.....

Al Feuerbach won the California super heavyweight lifting title with a 671 lb. total (286 snatch, 385 clean & jerk).... Tony Sandoval was named the top American Long Distance Runner of 1980 by The Athletics Congress (TAC). Sandy was presented with the Robert DeCelle Award.... Benji Durden won the North Atlanta 8 Miler (Feb. 21) in 40:04.... Jeff Wells and wife Gayle have moved back to Eugene to serve at the Calvary Baptist Church.... Joan Benoit has been named Boston University's cross country and distance running coach.... Lindsay Kaye Brown has already grown an inch since birth (8 lbs. 1/2 oz.) on May 7. Doug and Carolyn's heights remain the same.... Lori and Mike Butler are the proud parents of Mandi Jennifer, born May 5. M.J. weighed in at 6 lbs. 4 1/2 ozs.... And in this corner, born May 12 & weighing 8 lbs. 2 1/2 ozs., is Bradley John Wilson. Randy and mother Teresa are also doing fine. Henry Marsh, Jeff Phillips, Doug Padilla, Willie Banks and Maggie Keyes have been selected to represent the U.S.A. at the World University Games in Bucharest, Romania.

NEW ADDRESS? CLIPPINGS?	COMMENTS? PHOTOS?	QUESTIONS?
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